


**REGISTRATION REQUIRED**  
Programs subject to change without notice.

# JULY 2025-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><b>Don't be a NO SHOW!</b> All 55+ participants. Cancel your registration if unable to finish attending a program by emailing <a href="mailto:Rec.FinanceOffice@montgomerycountymd.gov">Rec.FinanceOffice@montgomerycountymd.gov</a>. Most programs have a waitlist, with someone wanting to register. Thank you.</div>	<b>1</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>2</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:15 Seated Stretching Exercise 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg <b>10:30 Tie Dye Tee-Shirt with Campers</b> 11:30 SNP Lunch Program 12:30 Bonjour! Basic French Conversation 12:30 <b>Tie Dye Tee-Shirt with Campers</b> 1:00 Int'l Ballroom Dancing (in Social Hall B)	<b>3</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events <b>10:30 Walking Club</b> 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg <b>1:00 Ice Cream Social</b> 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise  <b>No Outdoor Pickleball</b> <b>No Soccer</b>	<b>4</b> <b>CLOSED</b> <b>INDEPENDENCE DAY HOLIDAY</b> 	<b>5</b> 9:30-11:00 Martial Arts Health Dance
<b>7</b> 9:45 Walking Soccer 10:00 American Mah Jongg 10:15 Seated Stretching Exercise 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body  <b>No Slow Flow Yoga</b>	<b>8</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>9</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:15 Seated Stretching Exercise 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg 11:30 SNP Lunch Program 12:30 Bonjour! Basic French Conversation 1:00 Int'l Ballroom Dancing (in Social Hall B)	<b>10</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events <b>10:30 Walking Club</b> 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball <b>5:30 Watercolor Art</b> 5:45 Soccer (weather permitting)	<b>11</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 11:30 SNP Lunch Program 12:15 Chinese Mahjong 12:15 International Folk Dance 1:40 Line Dancing	<b>12</b> <b>9:00-1:00 TechConnect with Puja</b> 9:30-11:00 Martial Arts Health Dance
<b>14</b> 9:45 Walking Soccer 10:00 American Mah Jongg 10:15 Seated Stretching Exercise 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga <b>5:15 Strength and Balance (First class)</b>	<b>15</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise 6:30 Scale Modeling Group	<b>16</b> 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:15 Seated Stretching Exercise 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg 11:30 SNP Lunch Program 12:30 Bonjour! Basic French Conversation 1:00 Int'l Ballroom Dancing (in Social Hall B) 5:30 Evening Crafters  <b>No Cardio Fit</b>	<b>17</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events <b>10:30 Walking Club</b> 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball <b>5:30 Watercolor Art</b> 5:45 Soccer (weather permitting)	<b>18</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 11:30 SNP Lunch Program 12:15 Chinese Mahjong 12:15 International Folk Dance 1:40 Line Dancing	<b>19</b> <b>9:00-1:00 TechConnect with Puja</b> 9:30-11:00 Martial Arts Health Dance

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Call 240-773-4805 to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21</b> 9:45 Walking Soccer (weather permitting) 10:00 American Mah Jongg 10:15 Seated Stretching Exercise 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga <b>5:15 Strength and Balance</b>	<b>22</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>23</b> 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:15 Seated Stretching Exercises 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg 11:30 SNP Lunch Program 12:30 Bonjour! Basic French Conversation 1:00 Int'l Ballroom Dancing (in Social Hall B)  <b>No Cardio Fit</b>	<b>24</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion <b>10:30 Walking Club</b> 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball <b>5:30 Watercolor Art</b> 5:45 Soccer (weather permitting)	<b>25</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 11:30 SNP Lunch Program 12:15 Chinese Mahjong 12:15 International Folk Dance 1:40 Line Dancing	<b>26</b> <b>9:00-1:00 TechConnect with Puja</b> 9:30-11:00 Martial Arts Health Dance
<b>28</b> 9:45 Walking Soccer (weather permitting) <b>10:00 American Mah Jongg</b> 10:15 Seated Stretching Exercise 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga <b>5:15 Strength and Balance</b>	<b>29</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>30</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong 10:15 Seated Stretching Exercises 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg 11:30 SNP Lunch Program 12:30 Bonjour! Basic French Conversation 1:00 Int'l Ballroom Dancing (in Social Hall B)	<b>31</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion <b>10:30 Walking Club</b> 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Outdoor Pickleball <b>5:30 Watercolor Art</b> 5:45 Soccer (weather permitting)	<b>North Potomac Senior Center monthly newsletter and calendar are online at <a href="http://montgomerycountymd.gov">North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</a> by the 5th of every month.</b>  <b>NEW FEATURE—North Potomac Senior Center “Announcements” is online at <a href="http://montgomerycountymd.gov">North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</a> and is updated regularly.</b>	

**YOGA FOR VITALITY (Fee) at NPSC**  
Tuesdays and Thursdays  
Contact Customer Service at 240-777-6840 or  
Recreation.customerservice@montgomerycountymd.gov

**BONE BUILDER CLASSES at NPSC**  
Mondays & Wednesdays—10:45 to 11:45am  
Tuesdays & Thursdays—10:40 to 11:40am  
Email-Sadie.Ajavon@montgomerycountymd.gov

**SENIOR FIT CLASSES at NPSC**  
Mondays & Wednesdays—1 to 1:45pm  
Call Holy Cross Health at 301-754-8800 for registration information.  
Email-seniorfit@holycrosshealth.org for information.